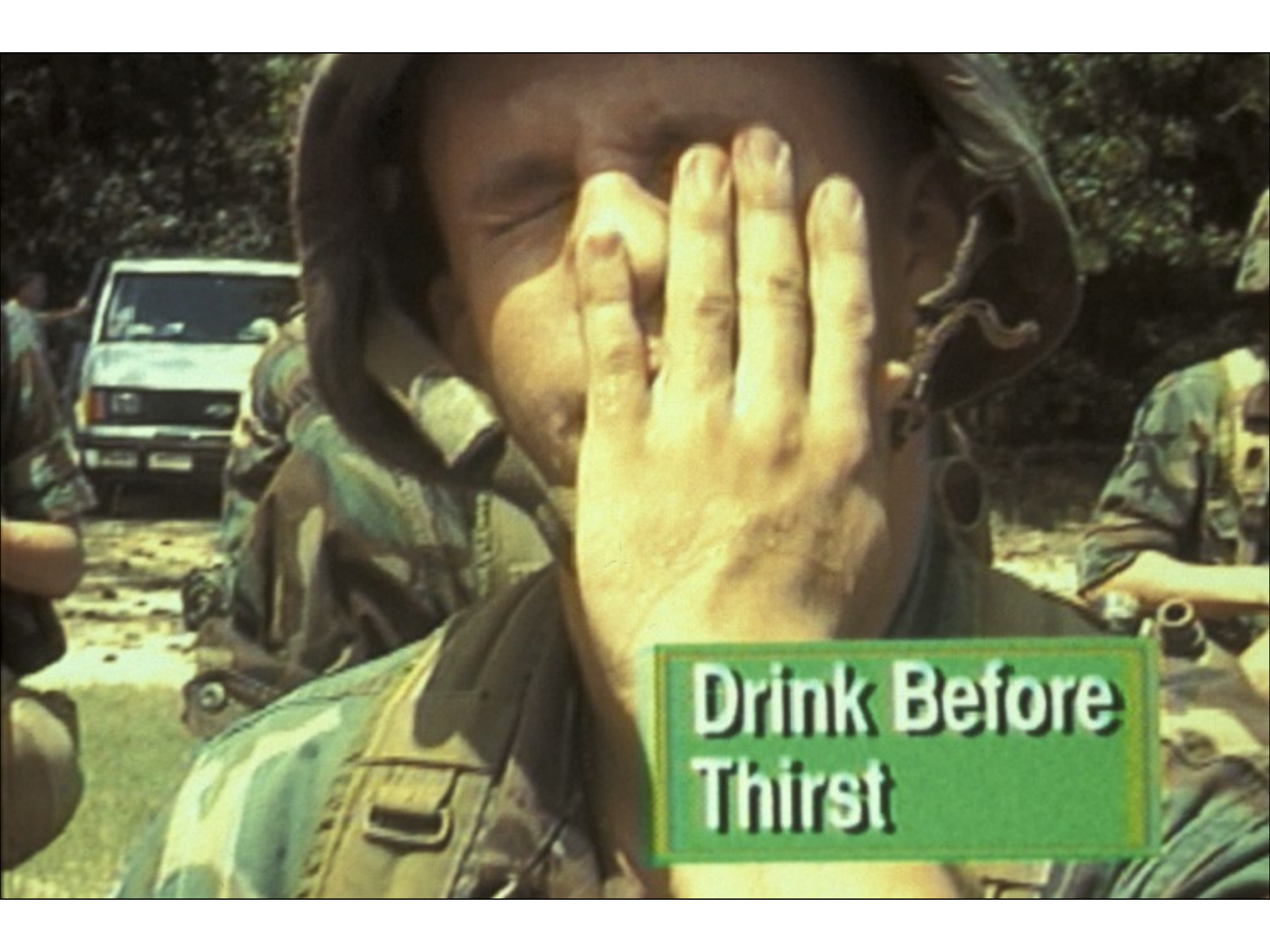






**Drink Before,  
During and  
After Exercise**



A close-up photograph of a soldier in camouflage gear. The soldier's face is partially obscured by their hand, which is pressed against their eyes and nose. The soldier's expression is one of distress or exhaustion. In the background, a white vehicle is visible on a dirt road, and other soldiers in camouflage are partially visible. A green rectangular text box is overlaid in the bottom right corner.

**Drink Before  
Thirst**



**Water  
Best Fluid  
Replacement**





# Dehydration in Extreme Climates





**The views expressed  
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